

Fitness & Wellness Classes						
* = Childcare Available						
GROUP FITNESS CLASSES					Updated 09/30/2014	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 -7:00	Cardio Resistance Training Todd		Cardio Resistance Training Karen W.		Zumba Toning Michelle	
8:00 - 9:00	Zumba Toning* Priscila	SilverSneakers Cardio Fit Trish	Back to Balance* Theresa	SilverSneakers Cardio Fit* Trish	SilverSneakers Yoga Stretch* Dottie	Weekend Warrior Devon* 8:30-9:30
9:00 -10:00	Total Body Conditioning* Jill	Hip Hop* Jennifer	Cardio Pump* Tamara	50/50 Mix* Tamara	Zumba* Jennifer	Zumba * Priscila 9:30-10:30
9:00 -10:00			N.I.A (RM 101) Valerie			
10:00 –10:30		Total 30* Jennifer	Pilates Pluss * Tamara	Core Cuts* Tamara		
10:00 -11:00	Barefoot Barre* Angela 10:00-10:45				Chisel* Trish	
10:30—11:00				Stretch & Roll* Jodi		
11:00 – 12:00	SilverSneakers MSROM Dottie		SilverSneakers MSROM Dottie			
12:15 –12:45	Zumba Shannon	Barbell Strength Jodi	Basic Yoga Dottie	Rip N Cycle Trisha	N.I.A Valerie 12:00 -1:00	
5:30 - 6:30	Pilates Pluss* LeaAnne	Bootcamp* Devon	Pilates Pluss* LeanAnne	Zumba* Karen E.		
6:30 - 7:30	Chisel* Liz	Zumba* Jennifer	Hip Hop* Jennifer	Chisel Liz		
7:30—8::00			Total 30* Jennifer			



Child Care Hours:
M– Th 8:00—11:30am
M-Th 5:30-8:30pm
Saturday 8:00-11:00am

CYCLING CLASSES					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:45		Cycling Karen		Cycling John*	
9:00 -10:00	Cycling* Amy	Cycling* Holly	Cycling* Kacy	Cycling* Holly	Cycling* Amy
6:30 - 7:30	Cycling* Trish		Cycling* Tanya		

WATER FITNESS CLASSES					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 -7:00					Water Fitness Level 1* Jaunita
8:00 - 9:00	SilverSneakers SilverSplash* Jaunita		H2O Fitness* Cori		SilverSneakers SilverSplash* Cori
9:00-10:00	Deep Water* Debbie	H2O Fitness* Debbie	Aqua Zumba Priscila	H2O Fitness* Debbie	Deep Water Level 2* Debbie
6:45 –7:45	Aqua Zumba* Priscila	H2O Fitness* Theresa	H2O Fitness* Catina		



Group Fitness Schedule

Current Fitness Schedule can be found at Brightonco.gov/fit or at the BRC Front Desk.



Group Fitness
<p>Basic Yoga: Move through a series of poses, the movements and the breath are continuous. This mild stretch and Yoga class is designed to clam and strengthen the body</p> <p>Barefoot Barre: A high energy, no impact workout, fusing the principles of Ballet and Pilates with resistance and isometric training performed in an interval, weight bearing format at the ballet barre, on the mat and fitness tools. Barre is a great, full body that targets arms, abs and of course, thighs and butt. Meet you at the Barre.</p> <p>Dance Fusion: Like to dance? This class combines different styles of cardio dance, learn basic dance technique while toning and conditioning the body focusing on full body coordination and balance. then wrap up the class with a cool down and stretching. If you are interested in learning how to dance and get in shape while doing it, this is the class for you!</p> <p>Bootcamp (No Choreography) Bootcamp mixes traditional calisthenics and body weight exercises with interval training and strength training. This challenging class pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp.</p> <p>Cardio Pump: Want to lose weight and shape muscles? This class does it all. The class will switch back and forth between muscle work and cardio intervals. Come and see what you can do!</p> <p>Chisel: A total body Barbell strength training class using weighted barbells with multi joint movements for a full body workout that burns fat while building muscle.</p> <p>Core Cuts: Bands and Balls are used in the class to help you cut out that Core! This is s 30 minute class helps strengthen the abdominal area.</p> <p>CRT Circuit - Cardio Resistance Training Come challenge the whole body while moving from one timed station to the next. No choreography in this action packed workout. Benefits: burns calories, builds muscle, cardiovascular health and boosts endurance.</p> <p>Hip Hop: Come experience where Hip Hop dance and fitness collide. Learn today's hottest hip hop moves while enjoying the benefits of a fun, dynamic workout that tones muscles and develops core strength. This class is designed for all fitness levels.</p> <p>Intermediate Step: The instructor leads you through a choreographed step workout that will challenge the body and keep the metabolism revved up. Some step experience recommended.</p> <p>Nia: Fun, non-impact, high-energy movements conditions your body, mind, emotions, and spirit. Moves and music inspire joy, the choreography draws from a blend of dance arts, martial arts, and healing arts.</p> <p>Pilates-Pluss: It's like Pilates®, but with more fitness tools. Core conditioning, classic mat work and specific choreographed sequences that lengthen and strengthen the muscles.</p> <p>Rip'N Cycle: A 30 minute power packed class. 15 minutes of cycling and 15 minutes of TRX® Rip Training system. This class will burn body fat, boost your metabolism while increasing muscle endurance. Train in 3D to build rotational power and help reduce back injuries.</p> <p>Stretch & Roll: Benefit from the use of foam rollers. This class will help you ease sore muscles and increase flexibility.</p> <p>Zumba Toning: When it comes to body sculpting, Zumba®Toning raises the bar. lightweight, maraca-like Use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast..</p> <p>Back to Balance: This class improves balance, posture and functional strength. The use of various types of balancing fitness tools and dynamic cardio movements will strengthen your core and strengthen your heart.</p> <p>Explosive Kickboxing 30: This 30 min class with take you though a heat pounding Kickboxing routine is will work every muscle in your body. Torch some calories while building muscle endurance with this Kickboxing conditioning class.</p>

<p>Total 30: This challenging 30 min strength class will strengthen very muscle group. Weight Training is proven to increase metabolism and burn body fat.</p> <p>Zumba: Zumba combines Latin and international music to make a hip shaking calorie burning workout.</p> <p>50/50 Mix: This class will take you through a mix of high energy dance fitness that will end with exercises that sculpt and tone your body. This class will help you burn calories, sculpt and tone your body to a new you.</p> <p>Total Body Conditioning (No Choreography): Strengthen both cardiovascular & muscular systems with the use of free weights, resistance, tubing, body bars & floor exercises. Weights & various fitness tools will be used in the class.</p> <p>Weekend Warrior : This class is a mix of body weight training, cardio burst and strength training. You will work every muscle group in for a full body workout. This format with vary each week to constantly keep your body changing. No Choreography.</p>
SilverSneakers®
<p>SilverSneakers® Cardio Circuit: Work on your muscular endurance and cardiovascular conditioning while you enjoy a non-impact standing fitness class for active seniors.</p> <p>SilverSneakers® Cardio Fit : Easy to follow free standing, low-impact choreography that is safe heart healthy and easy on the joints.</p> <p>SilverSneakers® MSROM: Emphasize your muscle tone, muscle strength and range of motion from a seated position in this SilverSneakers® class.</p> <p>SilverSneakers® Yoga Stretch: This class offers a variety of safe and effective options designed to increase flexibility and balance from a seated and standing position.</p>

CYCLING CLASSES
<p>Cycling: Come torch calories and ride with us! This Indoor cycling class is an hour long and allows you to be in control of your intensity and resistance. Come burn body fat and start working on muscle endurance.</p>
WATER FITNESS

<p>Intermediate Level 1: A light cardiovascular workout with a little strength and muscle endurance thrown in.</p> <p>Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. <i>Come join the Party!</i></p> <p>Intermediate Level 2: Pick up the speed, work a little harder, gain a little more endurance.</p> <p>SilverSneakers® SilverSplash: SilverSplash® offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.</p> <p>Deep Water: This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.</p>

NOTE: Classes are subject to change. Please check with the front desk and online at brightonco.gov for the updated schedule
All group Fitness Classes are included with admission into the facility.
Childcare is available m-F 8:00am 11:30am & M-Thurs 5:30—8:30pm.